

## **Raw Broccoli and Cauliflower**

Broccoli and cauliflower can be eaten raw tossed together, or in a salad. A bowl of raw vegetables can make an easy, limited mess snack when working on the computer. This mixture may be mixed with other raw vegetables and bacon bits. Wash the vegetables well before eating. Also, wash frequently touched objects, such as the computer mouse and keyboard to avoid cross contamination. Raw vegetables don't have to be plain. Lightly salt the pieces to soften the texture and replace naturally lost salt in the summer. Otherwise, dip the raw vegetables into melted butter, or a favorite salad dressing.

### **Pre Cook Preparation:**

A. Timer set for preparation time set for 10 minutes before you plan to eat

### **Meal Adaptations:**

#### **Physical Accommodations:**

Frozen or canned vegetables can be used  
Sit on a stool while stirring

#### **Visual Accommodations:**

Colored chopping boards

#### **Potential Food Allergy or Intolerance:**

Broccoli  
Butter (lactose)  
Cauliflower  
Pepper  
Spices

#### **Meatless Preparation Avoid:**

Butter  
Substitute with: \_\_\_\_\_

### **Utensils:**

Chopping board  
Fork  
Knife  
Pan: None

**Ingredients:**

**Meat: None**

**Vegetables:**

8 ounces of broccoli

8 ounces of cauliflower

**Other ingredients:**

Dash of salt

**Optional:**

2 tablespoons of butter

2 tablespoons of favorite salad dressing

Spices, such as pepper, to taste

**Preparation time: 10 minutes**

**Preparation:**

**1. Wash and chop:**

8 ounces of broccoli

8 ounces of cauliflower

**2. Place in bowl and mix:**

8 ounces of broccoli

8 ounces of cauliflower

Dash of salt

**Optional:**

2 tablespoons of butter

2 tablespoons of favorite salad dressing

Spices, such as pepper, to taste

**Cook Temperature: None**

**Cook Time: None**

**Servings: 2 to 3**

**Storage Solutions: Square containers in individual servings**

Counter safe: 30 minutes to an hour to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions: None**